
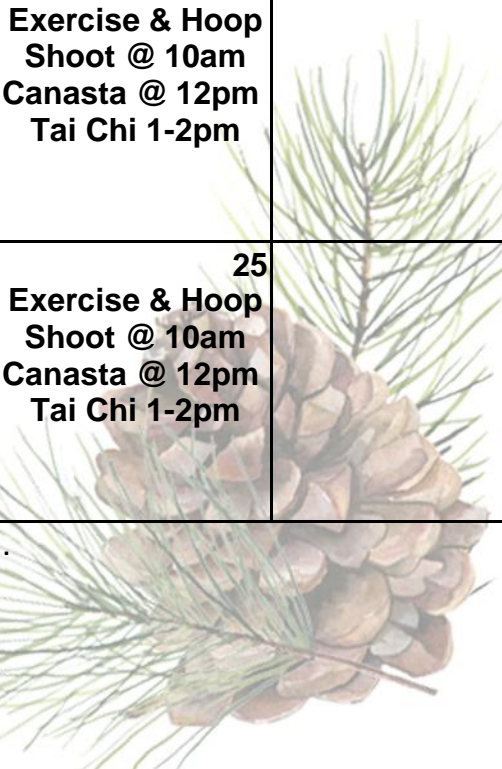


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2019 Emmitsburg Senior Center =</div>		<div>1 Happy New Year! <small>New Year's Day</small></div>	<div>2 Exercise @ 10am Spaghetti lunch @ 11:30 Toasting & Sharing Hopes of the New Year</div>	<div>3 Strength Training @ 10am WII, cards, games & puzzles @ 12</div>	<div>4 Exercise & Hoop Shoot @ 10am Canasta @ 12pm Groceries for Seniors @ FSC Tai Chi 1-2pm</div>	<div>5 Trip: African Art Museum of Maryland Friday Jan. 11th \$25.00 and 5.00 for admission 9am</div>
<div>6</div>	<div>7 Exercise @ 10 Games cards & puzzles Bowling @ Thunderhead 1pm</div>	<div>8 Strength Training @10 Map Seniors and Real estate with Peter Murray</div>	<div>9 Exercise & Hoop Shoot @ 10 Board Games & puzzles Bridge @12pm Pickle Ball 1-3pm</div>	<div>10 Strength Training @ 10am WII, cards, games & puzzles @ 12</div>	<div>11 Exercise & Hoop Shoot @ 10am Canasta @ 12pm Tai Chi 1-2pm</div>	<div>12</div>
<div>13 Trip: The Clay & Metal Loft Fri. Jan. 18th or Fri. Jan. 25th \$60.00 make a ceramic owl sculpture.</div>	<div>14 Exercise @ 10 Games cards & puzzles Bowling @ Thunderhead 1pm</div>	<div>15 S Training @10 Nurse Steve BPS & Like A Fine Wine Can Our Bodies Improve With Age??</div>	<div>16 Exercise & Hoop Shoot @ 10 Board Games & puzzles Pickle Ball 1-3pm</div>	<div>17 Strength Training @ 10am Anatomy Gifts w/Amy Vann @ 11 Cards & puzzles</div>	<div>18 Exercise & Hoop Shoot @ 10am Canasta @ 12pm Tai Chi 1-2pm</div>	<div>19</div>
<div>20</div>	<div>21 CLOSED <small>Martin Luther King Day Tu B'Shevat</small></div>	<div>22 Strength Training @ 10 Trivia @ 11 Cards games & puzzles</div>	<div>23 Exercise & Hoop Shoot @ 10 Bridge @12pm Pickle Ball 1-3pm</div>	<div>24 Strength Training @ 10 Word & Trivia @ 11 Cards & games @ 12</div>	<div>25 Exercise & Hoop Shoot @ 10am Canasta @ 12pm Tai Chi 1-2pm</div>	<div>26</div>
<div>27</div>	<div>28 Exercise @ 10 Games cards & puzzles Bowling @ Thunderhead 1pm <small>Australia Day (observed)</small></div>	<div>29 Strength Training @10 Memory Cafe' sponsor "Right at Home" @ 12</div>	<div>30 Exercise & Hoop Shoot @ 10 Board Games & puzzles Pickle Ball 1-3pm</div>	<div>31 CLOSED Staff Training</div>	<div></div>	